SEN Newsletter November 2026

Birley Primary Academy
A L.E.A.D. Academy

Welcome

This is our second newsletter for this academic year for the parents and carers of children at our school. This newsletter is for you, so if there is anything you would like addressed, please contact me: alicehumphrey@birleyprimaryacademy.co.uk

Support for parents

In Sheffield, there is a wide range of support available for parents and carers of children and young people with SEND.

The **Sheffield Local Offer** provides information about services, support groups, activities, education, health services and advice available across the city.
Parents and carers can access the Sheffield Local Offer to find guidance, local support services, and practical resources to help meet their child's needs:

Sheffield Local Offer:
https://www.sheffielddirectory.org.uk/localoffer

The site also shows what services are available to support neurodiverse children and their families, and what is needed to access them.
https://www.sheffielddirectory.org.uk/sheffield-parent-hub/parent-hub-events/?&pageNumber=1

Sheffield Parent Hub

Sheffield Parent Hub has a range of seminars, discussion groups and events to support families and children. Upcoming events that might be of interest are 'Helping Your Child Reach Their Potential' (11th November) aimed specifically for children with SEN. Previous events have also covered 'time to sleep' and 'changing problem behaviour into positive behaviour' so keep a look out for these.
https://www.sheffielddirectory.org.uk/sheffield-parent-hub/parent-hub-events/?&pageNumber=1

Neurodiversity Sheffield

An advice and support organisation who help families living with neurodivergence via information sessions and parent/carer drop-in cafes. They also offer post-diagnostic support for ADHD.

https://family-action.org.uk/services/neurodiversity-sheffield/

Zones of Regulation

At Birley Primary Academy we use the Zones of Regulation across school to help children understand and manage their emotions and behaviours. The approach categories feelings and levels of alertness into four colour-coded zones.

Blue represents low-energy states such as feeling tired, sad or bored; green is the ideal state for learning, socialising and being productive; yellow represents heightened alertness and stronger emotion, but is still in control; and red is for extreme emotions like anger, rage or uncontrollable excitement.

The aim is to teach children a range of strategies, known as tools, to help them identify how they are feeling and manage these emotions. This process is known as 'self-regulation'. You can support your child, through co-regulation, with recognising their emotions and understanding the link between feelings and behaviour by using the zones. For example:

"It looks like your body has a lot of energy and you are having a hard time focusing. Maybe you are feeling silly in the yellow zone. What's a tool that might help?"

By using a shared language at home and in school, we can help children develop greater emotional awareness, resilience and independence in managing their feelings.



Adaptive Teaching

At Birley Primary Academy, we believe that every child deserves to experience high-quality teaching that meets them where they are and helps them to grow. We recognise that children learn in different ways and may need different levels of support to be successful. Adaptive teaching is about making thoughtful adjustments to teaching whilst keeping high expectations for all learners. This might mean using visual prompts, breaking tasks into smaller steps, offering extra modelling or providing the right scaffolding. By carefully considering individual needs, we create an inclusive environment where every child can access learning, build confidence and make progress. Through high-quality adaptive teaching, we ensure that all pupils feel valued, supported and able to achieve their potential.

Adaptive teaching is not an add-on, it is at the heart of what excellent teaching looks like at Birley, ensuring that every child, whatever their needs, can thrive.